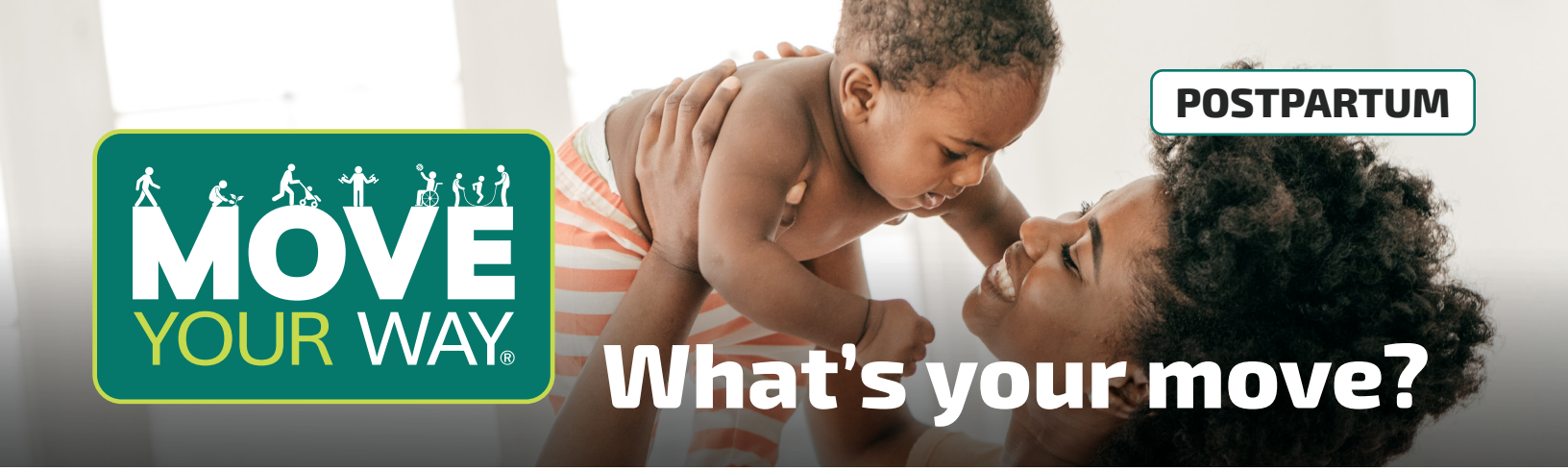


MOVE YOUR WAY®

POSTPARTUM

What's your move?

After having a baby, it can be hard to get active again.
But did you know physical activity can help you **feel better** right away?

Boost your mood

Sharpen your focus

Reduce your stress

Help you feel less tired

And when you're active, it's easier to keep up with your growing baby!

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least **150** minutes a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

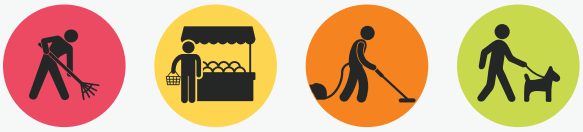
at least **2** days a week

Is that more than you can do right now? **Start with just 5 minutes.** It all adds up!
Focus on being a little more active today than you were yesterday.

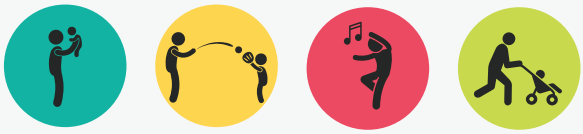
Do you enjoy more intense activity, like running? You can get back to it — just start slow and build up to more activity over time.

What counts?

Whatever gets you moving!



Even things you have to do anyway

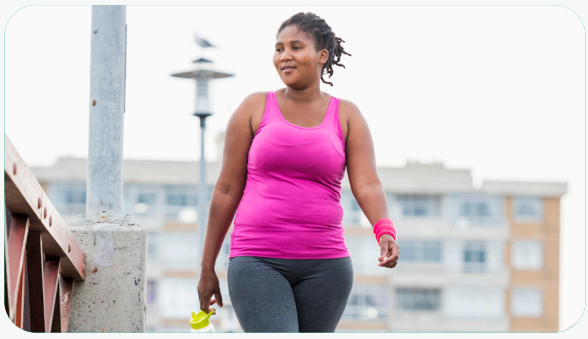


Even things that don't feel like exercise

So give yourself credit — you may already be more active than you think.

Listen to your body.

Physical activity may feel different after you have a baby. If an activity feels uncomfortable, try something else! And if you're not sure where to start, try adding a bit more walking to your day. Walking is safe and easy, and you can do it almost anywhere.



More questions? Talk with your doctor.

Checkups are a great time to talk about physical activity. Try asking these questions:

- What activities would you recommend for me?
- Are there any activities I should avoid?
- What should I do if physical activity feels uncomfortable?

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.
health.gov/MoveYourWay/Activity-Planner